



Meals on Wheels

St Andrew's Townsville

All meals include a variety of vegetables. Salads and sandwiches are also available. Frozen meal list is at the end of daily menus.

GF = Gluten Free DF = Dairy Free

Monday 18/03/19	Tuesday 19/03/19	Wednesday 20/03/19	Thursday 21/03/19	Friday 22/03/19
A. Beef & Vegetable Casserole	A. Beef Ravioli	A. Roast Lamb & Gravy	A. Homemade Beef Rissoles & Gravy	A. Crumbed Fish with Chips
B. Sausages & gravy	B. Spinach & Feta Quiche	B. Braised Sausages	B. Sweet & Sour Pork with Rice	B. Beef Pies

Monday 25/03/19	Tuesday 26/03/19	Wednesday 27/03/19	Thursday 28/03/19	Friday 29/03/19
A. Apricot Chicken with Mash Potato	A. Shepherd's Pie	A. Roast Pork & Gravy	A. Chicken Cordon Bleu	A. Crumbed Fish with Chips
B. Italian Meatballs with Rice	B. Chicken Kiev	B. Macaroni Cheese	B. Sweet & Sour Fish with Rice	B. Bacon & Egg Pie

Monday 01/04/19	Tuesday 02/04/19	Wednesday 03/04/19	Thursday 04/04/19	Friday 05/04/19
A. Coconut Chicken Curry with Rice	A. Chicken Rissoles & Gravy	A. Corned Silverside with White Sauce	A. Beef Lasagne	A. Crumbed Fish with Tartare Sauce DF
B. Sweet & Sour Meatballs with Rice	B. Bacon & Zucchini Quiche	B. Chicken Parmigiana	B. Sweet & Sour Chicken with Rice	B. Beef & Vegetable Pasties



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Monday 08/04/19	Tuesday 09/04/19	Wednesday 10/04/19	Thursday 11/04/19	Friday 12/04/19
A. Beef Stroganoff	A. Chicken Kiev & Gravy	A. Roast Pork with Gravy	A. Braised Steak & Onion	A. Fish Cakes & Lemon with Mash Potato
B. Chicken Cordon Bleu	B. Sweet & Sour Pork with Rice	B. Crumbed Beef & Gravy	B. Macaroni Cheese	B. Beef Pie

Monday 15/04/19	Tuesday 16/04/19	Wednesday 17/04/19	Thursday 18/04/19	Friday 19/04/19
A. Beef Curry & Rice	A. Spaghetti Bolognese	A. Roast Lamb & Gravy	A. Sausages & Gravy	CLOSED GOOD FRIDAY
B. Chicken Parmigiana	B. Spinach & Feta Quiche	B. Beef Schnitzel & Gravy	B. Sweet & Sour Chicken with Rice	PUBLIC HOLIDAY
				FROZEN MEALS ONLY
				Delivered on Thursday 18/04/2019

Monday 22/04/19	Tuesday 23/04/19	Wednesday 24/04/19	Thursday 25/04/19	Friday 26/04/19
CLOSED EASTER MONDAY	A. Shepherd's Pie	A. Roast Chicken & Gravy	CLOSED ANZAC DAY	A. Salmon & Caper Sauce with Rice
PUBLIC HOLIDAY			PUBLIC HOLIDAY	
FROZEN MEALS ONLY			FROZEN MEAL SALAD SANDWICH	
Delivered on Thursday 18/04/2019	B. Chicken Kiev & Gravy	B. Vegetable Lasagne	Delivered on Wednesday 24/04/2019	B. Angus Beef Pie



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FROZEN MEALS
MEAT
1. Roast Pork DF
2. Sweet & Sour Pork DF
3. Beef Rissoles & Gravy
4. Roast Lamb
5. Shepherd's Pie GF
6. Beef Lasagna
7. Braised Steak DF
8. Spaghetti Bolognese
9. Braised Sausages & Gravy
CHICKEN
10. Roast Chicken DF
11. Mild Curry Coconut Chicken GFDF
12. Chicken Kiev
13. Apricot Chicken GFDF
VEGETARIAN
14. Spinach & Feta Quiche GF